

## CLAIMS:

1. A bruxism appliance comprising a molded polymeric base for placement on a patient's upper or lower dentition, the molded polymeric base including an abradable overlayer on the appliance, the overlayer being a different colour to the polymeric base whereby use of the appliance by a patient indicates the degree of bruxism by the patient by abrasion of the overlayer.
2. A bruxism appliance as in claim 1 where the molded polymeric base is selected from any one of or a combination of acrylic resin or plastic.
3. A bruxism appliance as in claim 1 wherein the abradable overlayer is selected from any one of or a combination of an acrylic resin, natural resin or composite.
4. A bruxism appliance as in claim 1 wherein the overlayer has a hardness softer than the molded polymeric base.
5. A bruxism appliance as in claim 4 wherein the overlayer includes an acrylic resin blended with a titanium oxide pigment.
6. A bruxism appliance as in claim 1 further comprising a pH indicator bound to the appliance for indicating the pH of a patient's mouth during use of the appliance.
7. A bruxism appliance as in claim 6 wherein the pH indicator is incorporated into the abradable overlayer or chemically or mechanically fixed to the appliance.
8. A method of coating a bruxism appliance comprising applying an abradable overlayer to a polymeric base of the bruxism appliance by any one of or a combination of painting or spraying and the abradable overlayer is selected from any one of or a combination of an acrylic resin, natural resin or composite material.

9. A kit for applying an abradable overlayer to a polymeric base of a bruxism appliance comprising:

a packaged amount of a liquid abradable overlayer composition; and,  
an applicator;  
the overlayer composition and an applicator brush contained within a sterile  
package.

10. A kit as in claim 9 wherein the applicator is selected from a brush or a spray  
container.

11. A kit as in claim 9 wherein the abradable overlayer is selected from any one of or a  
combination of an acrylic resin, natural resin or composite material.